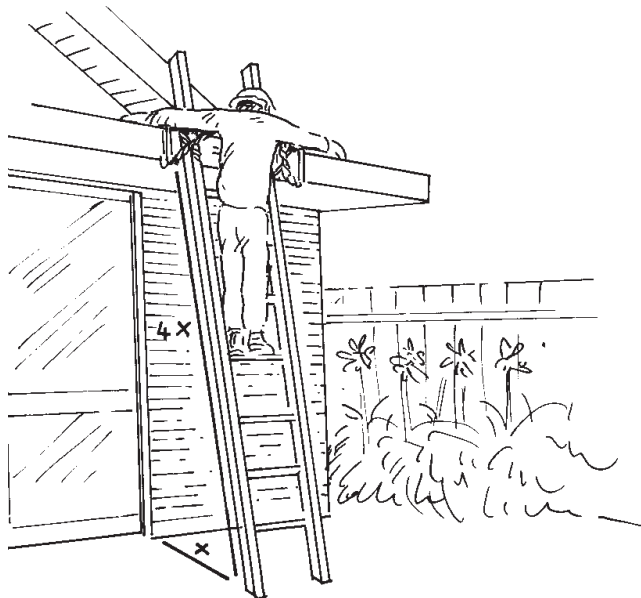


Most DIY injuries are caused by:

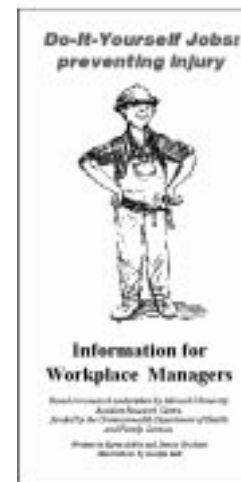
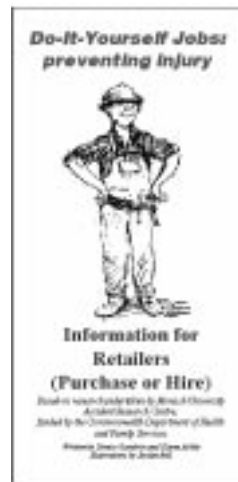
- **grinders (metal and dust in eyes)**
“Whilst grinding a piece of metal flew into eye”
- **lawn mowers (cuts to fingers/legs)**
“Cutting grass at home, slipped and foot went underneath lawn mower”
- **ladders (fractures of ribs/wrists)**
“Cleaning guttering, slipped off ladder, fell onto concrete”
- **power saws, particularly circular and chainsaws (cuts to fingers/hands)**
“Cutting wood with power saw, jumper sleeve caught in saw and arm was pulled in”
- **welding equipment (flash burns/foreign bodies in the eyes)**
“Welding, lifted shield, sustained flash burns”



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Also in this series:



For more information or copies of the brochures contact:
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Wellington Road, Clayton Vic. 3168 Australia
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**Do-It-Yourself Jobs:
preventing injury**



**Information for the
Home Handyman**

Based on research undertaken by
Monash University Accident Research Centre,
funded by the Commonwealth Department of Health
and Family Services

Written by Denise Goodwin and Karen Ashby
Illustrations by Jocelyn Bell

Australians are enthusiastic Do-It-Yourselfers. Injuries from such activities are common, yet preventable

Some facts about DIY Injury

WHO?

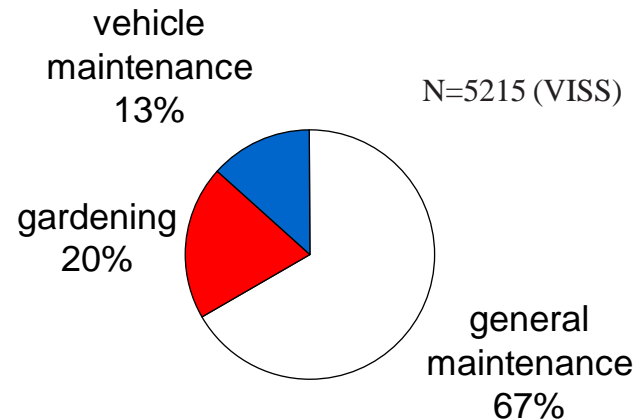
- Five times as many men as women experience injuries from DIY activities
- The peak age for DIY injuries is 30-34 years

WHERE?

- 75% of DIY injuries occur at home

WHAT?

- Grinding, lawn mowing and ladder use are the top three DIY activities that result in injury
- Women are most often injured in gardening activities; men in non-gardening activities like grinding, welding and motor vehicle maintenance



WHY?

DIY injuries are usually caused by: non-use of personal protective equipment, inappropriate tools, unsafe work practices and insufficient safety precautions

Recommended safe work practices and precautions at home

- Keep safety guards in place during operation of power tools
- Keep work areas dry, clean and clear of debris
- Follow manufacturer's operating instructions
- Make all necessary adjustments to powered machines before switching them on
- Never attempt activities or repairs beyond your level of knowledge or skill

Using tools at home

- Use the most appropriate tool for the task
- Use tools of the correct size
- Keep tools clean, free of debris, and well maintained

Using personal protective equipment at home

- Style, comfort and correct fit are important considerations when selecting personal protective equipment
- Wear personal protective equipment appropriate for the task at hand
- Protective eyewear should be:
 - comfortable
 - size adjustable (no gaps between frame & face)
 - scratch resistant
 - fog resistant
 - able to fit with, or without, corrective glasses
- Gloves should fit comfortably while maintaining sufficient control over finger movement
- Wear non-slip footwear with nail resistant soles and steel caps when appropriate
- Wear hearing protection

